

# Consumer Health: The Power is YOURS!



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# WHAT is Consumer Health?

Medical  
information  
the public can  
understand.



# HOW does Consumer Health Look?

## NOT Consumer Health



Disorders of muscle, ranging in severity from asymptomatic creatine kinase elevation to rhabdomyolysis, are among the most discussed adverse effects associated with use of lipid lowering agents, especially 3-hydroxy-3-methylglutaryl coenzyme A reductase inhibitors (statins).[1-5](#) Fibrates have also been associated with primary muscle injury, especially when used in combination with a statin.[6-11](#) (see References)

# HOW does Consumer Health Look?

## Consumer Health



Shawn Sluder knew it wasn't going to be easy to give up her job. She'd been an executive assistant for almost 10 years and loved the busy pace and constant multi-tasking her work required. But Sluder, 38, who has lupus and fibromyalgia, found herself struggling more and more to get her job done. After six months of collapsing onto her couch at night, running through all her time off and more than one breakdown in the office bathroom, Sluder had to accept the fact she couldn't keep doing her job. She took her doctor's advice and filed for disability. Four months later, she was denied. (see References)

# WHO Provides Consumer Health Information?

- ✦ Librarians
- ✦ Nurses
- ✦ Pharmacists
- ✦ Physicians
- ✦ Dentists
- ✦ Optometrists
- ✦ Community Health Educators
- ✦ Physical Therapists
- ✦ Hospital web sites (<http://www.kaiserpermanente.org>)
- ✦ MANY OTHERS



# WHEN is Consumer Health Available?

When you **NEED** it

When you **WANT** it

24 - 7 - 365



# WHY is Consumer Health Important to ME?

Empower you to **DECIDE**:

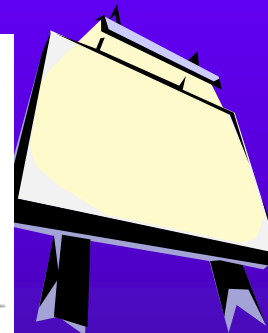
- ✦ who will treat you
- ✦ when to go to a healthcare provider
- ✦ if you want the treatment
- ✦ When you need a second opinion
- ✦ **FIND OUT** what other choices are available



**For you, your family, and your friends**

# WHERE is Consumer Health?: It's EVERYWHERE!

- Books
- Magazines
- Newspapers
- Videos
- Radio
- TV
- Telephone Hotlines
- Billboards
- Internet
- People



# BE CAREFUL!

Anyone, anywhere can make a  
web site look “real.”



# WHAT to LOOK for

✧ WHO said it?

✧ WHEN did they say it?

✧ HOW did they say it?



# WHO Said It?

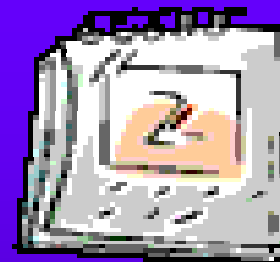


- ✦ Who **created** the site?
- ✦ Who is **maintaining** the site?
- ✦ Are they **qualified** to say what they are saying?
- ✦ Be careful of web sites **trying to sell you something** (legitimate or “other” web site)

# WHEN Did They Say It?

✦ How **OLD** is the site?

✦ Has anybody looked at it **lately**?



✦ Look at bottom of the homepage OR the page you are on:

- **Copyright** (also known as “©” OR “c.”)
- Edited/Reviewed/**Revised**/Updated

# HOW Did They Say It?

✦ Facts OR opinions



✦ For healthcare professional OR public





# WHAT to LOOK for: Web Domains

DOMAIN	STANDS FOR	WHAT'S IN IT	EXAMPLE
.com	Commercial (For-Profit)	Usually, trying to sell you something online <u>OR</u> in a store	Pfizer (Pharmaceutical Company) <a href="http://www.pfizer.com">http://www.pfizer.com</a>
.edu	Educational (Non-Profit)	K-12, College, University	Charles R. Drew University of Medicine and Science <a href="http://www.cdrewu.edu">http://www.cdrewu.edu</a>
.gov	Government	U.S. Government web sites	Federal Student Aid <a href="http://studentaid.ed.gov">http://studentaid.ed.gov</a>
.int	International	Organizations established by international treaties	World Health Organization <a href="http://www.who.int">http://www.who.int</a>
.org	Organization (Non-Profit)	Associations	National Hispanic Medical Association ( <a href="http://www.nhmamd.org">http://www.nhmamd.org</a> )



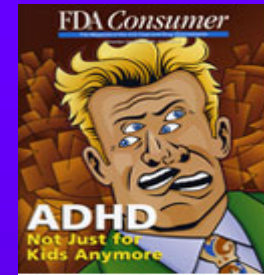
# WHAT to LOOK for: Web Domains (continued)

Domain	Country
.AU	Australia
.CA	Canada
.UK	United Kingdom (England, Northern Ireland, Scotland, and Wales)
.US	United States (takes you to .gov sites)

# Consumer Health Sites

✦ FDA Consumer

<http://www.fda.gov/fdac>



✦ Los Angeles Times: Health Section

<http://www.latimes.com>



✦ Nemours Foundation

<http://kidshealth.org/index.html>

# Health Sciences Journals



THE LANCET



# Local Resources

 Los Angeles Public Library  
<http://www.lapl.org/>

 Los Angeles County  
(Directory of Services & Information)  
<http://lacounty.info/>

 Pacific Southwest  
Regional Medical Library  
<http://nnlm.gov/psr/>





# Health Career Sites

- ✦ Delta SEE Radio (African American Scientists)  
[http://www.deltasee.org/radio/radio\\_seeradio.htm](http://www.deltasee.org/radio/radio_seeradio.htm)
- ✦ Discovery Channel (TLC, Discovery Health)  
<http://www.discovery.com/>
- ✦ Kinetic City  
(American Association for the Advancement of Science)  
<http://www.kineticcity.com/>



# Health Career Sites (continued)

✦ Lifeworks: Explore Health & Medical Science Careers  
<http://science.education.nih.gov/LifeWorks.nsf/feature/index.htm>

✦ Medical Investigation on TV  
<http://www.nih.gov/health/medicalinvestigation/index.htm>

✦ Occupational Outlook Handbook  
<http://www.bls.gov/oco/home.htm>

✦ State of California Career Opportunities Reports  
<http://www.calmis.ca.gov/htmlfile/subject/CareerOps.htm>  
(Los Angeles County is Region 8A)



# References

- ✦ JAMA: Journal of the American Medical Association, vol. 292 (20), 11/24/04 issue. Incidence of Hospitalized Rhabdomyolysis in Patients Treated With Lipid-Lowering Drugs David J. Graham, et al. <http://jama.ama-assn.org/>.
- ✦ Arthritis Today, The Disability Maze by Amy Brayfield, vol. 18 (6) November-December 2004. <http://www.arthritis.org/resources/arthritisistoday/>.

# THANK YOU

